

Enriching The Lives  
of Adults 50+

Active Lifestyles

**ACTIVE LIFESTYLES PROGRAM ADMINISTRATION**  
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Catharine Yusuf, Active Lifestyles Program Supervisor  
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Jacqueline Shapiro, Recreation Specialist  
Juli Street, Promotions Specialist

**PROGRAM LOCATION GUIDE**  
**Brittingham-Midtown Community Center, Active Lifestyles Program (BMCC)**  
570 McLawhorne Dr., Newport News, VA 23601  
591-4853, FAX 591-4568  
**Courthouse Way Community Center (CWCC)**  
14302 Old Courthouse Way, Newport News, VA 23608  
886-7929, FAX 886-2707  
**Doris Miller Community Center, Active Lifestyles Program (DMCC)**  
2814 Wickham Ave., Newport News, VA 23607  
247-8622, FAX 247-8728  
**Denbigh Community Center (DCC)**  
15198 Warwick Blvd., Newport News, VA 23608  
812-7900, FAX 812-7999  
**Hilton Senior Center (HSC)**  
605 Hilton Blvd., Newport News, VA 23605  
247-2451, 247-2453, FAX 928-6977  
**North Newport News Community Center (NNN)**  
605 South Ave., Newport News, VA 23601  
591-4850, FAX 591-4901  
**City of Newport News, Department of Parks, Recreation & Tourism's  
Active Lifestyles Program**  
Fountain Plaza Two, 700 Town Center Dr., Suite 320, Newport News, VA 23606


**Inclement Weather Policy** – In the event of inclement weather, the Active Lifestyles Program will adhere to the following procedures:

- All Active Lifestyles programs, classes and senior centers will be closed when city offices are closed or delayed;
- All Active Lifestyles programs, classes and senior centers will be closed when all parks, Recreation and Tourism programs are closed;
- Please call 926-1400 or 926-1446 for program specific closings and updates.

**Newport News Lifelong Citizenship Award**  
Celebrate the Nonagenarians (those 90+) and their contributions to the citizens of Newport News at the Lifelong Citizenship Award Ceremony.  
Applications available: Monday, April 13, 2015  
**Application deadline: Friday, July 31, 2015**  
For more information, call 926-1400



Newport News Mayor, McKinley L. Price, DDS (back right), stands with the 2014 honorees at the conclusion of the Lifelong Citizenship Award Ceremony.



Newport News Parks, Recreation & Tourism's **Active Lifestyles Program** does not discriminate in its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, or marital or family status.

Special Events

Please call the center nearest you for fees and information on special events and trips. **Due to the strenuous nature of some trips and activities, you are urged to consult your physician prior to participating.** NOTE: all trips, special events, dates and fees are subject to change.



| EVENTS  | DATE          | TIME      | CONTACT  |
|---|---------------|-----------|----------|
| Dance Party (DCC), No admission fee   | Sat, Mar 28   | 6:30P-10P | 812-7905 |
| Personal Finance for Seniors (DMCC)   | Fri, Apr 10   | 4P        | 247-8622 |
| Celebrating Arts through Open Mic Night (BMCC)  | Wed, Apr 15   | 6P        | 591-4853 |
| Last Time Around Spring Community, Resource, Craft & Thrift Fair (DMCC)<br>Free to the public, vendor fee | Sat, Apr 25   | 11A       | 247-8622 |
| Dance Party (DCC), No admission fee   | Mon, April 27 | 6:30P-10P | 812-7905 |
| Pinochle Tournament w/lunch, \$8 (HSC)  | Wed, May 20   | 9A        | 247-2451 |
| Celebrating Arts through Open Mic Night (BMCC)  | Wed. May 20   | 6P        | 591-4853 |
| Virginia Senior Games 2014  | May 13-16     |           | 926-1400 |
| Annual Senior Amateur Golf Classic, \$68  | Wed, May 27   | 8A        | 926-1400 |
| Celebrating Arts through Open Mic Night (BMCC)  | Wed. Jun 17   | 6P        | 591-4853 |
| Lifelong Citizenship Award Ceremony   | Sept 2015     |           | 926-1400 |

Trips

For more information on these trips, see page 34.

| TRIPS <i>itineraries and prices subject to change</i>  | DATE        | TIME  | CONTACT  |
|--|-------------|-------|----------|
| Harrington Raceway & Casino, \$40  | Sat, Mar 28 | 6A    | 247-2451 |
| Cherry Blossom Festival in Washington, DC<br>\$109 per person  | Wed, Apr 8  | 6:30A | 812-7909 |
| Ladies Spa Day with Winery Tour<br>\$10 pp transportation plus \$10 wine tour & \$22.50 Salt Spa fee | Fri, Apr 24 | 9A    | 247-8622 |
| Harrington Raceway & Casino, \$40  | Sat, May 9  | 6A    | 247-2451 |
| Spirit of Norfolk Lunch Cruise \$65 pp   | Wed, Jun 24 | 10A   | 247-8622 |
| Fishing Trip, \$50   | Wed, Jun 17 | 6A    | 247-2451 |
| Harrington Raceway & Casino, \$40  | Sat, Jul 11 | 6A    | 247-2451 |
| Dover Downs Hotel & Casino, \$TBA  | Aug 2015    |       | 247-2451 |
| Savannah, Jekyll Island & Beaufort<br>\$429 pp/dbl occupancy   | Sep 14-18   |       | 812-7909 |
| Albuquerque Balloon Fiesta & Santa Fe<br>\$2389 pp/dbl occ (includes round-trip air travel)          | Oct 7-12    |       | 591-4853 |

**May is National Older Americans Month**  
**“Get into the Act”**  
Embrace the golden years with enthusiasm and positivity.  
Join activities, take classes and keep active and fit.



# Active Lifestyles

## Classes Dance

### Classes

Please note that this tabloid covers a six month time period and includes the Spring and Summer 2015 class sessions. Certain events, trips and classes are listed with dates that may fall before or after posted sessions. Check class listings for specific dates. Review the following information carefully:

**Registration Dates** – Be advised that on Thursday, February 26, 2015, class registration begins for both the Spring and Summer classes offered by the Active Lifestyles Program.

**Spring Session** (April-June 2015) – Most Spring classes begin the week of April 13, 2015 and conclude June 12, 2015. **Registration deadline** for Spring classes is Wednesday, April 8, 2015 unless indicated in the class description. **Summer Session** (July-September 2015) – Most Summer classes begin the week of July 13, 2015, and conclude September 4, 2015. **Registration deadline** for Summer classes is July 8, 2015 unless indicated in the class description.

**Class Cancellation Dates:** Classes at all centers will be cancelled on Monday, May 25, and September 7, 2015. Additionally classes at Brittingham-Midtown will be cancelled on Monday, May 11-15, 2015 as well as August 24-September 7, 2015. Call 926-1400 for details.

**Class Registration:** In addition to walk-in and mail-in registrations, you may register for Active Lifestyles classes on-line. For secure on-line registration visit <http://activenet.active.com/nnparksrecreation>. Once on-line, you will be asked to set up an account that will give you future access to the registration process. Walk-in and mail-in registrations are accepted at Newport News Parks, Recreation & Tourism's Active Lifestyles Program office, Fountain Plaza Two, 700 Town Center Drive, Suite 320, Newport News, VA 23606.

If paying by credit card, you may register by phone or by fax. By phone call (757) 926-1400, Monday – Friday, 9 am-4 pm. By fax, fax your registration to the attention of the Active Lifestyles Program to (757) 926-1460. The Active Lifestyles Program accepts checks, cash, money orders, or credit cards. When making a payment in person with a personal check, a form of pictured identification (with a valid identification number or driver's license number with birth date) is required. **Make checks payable to: City of Newport News.**

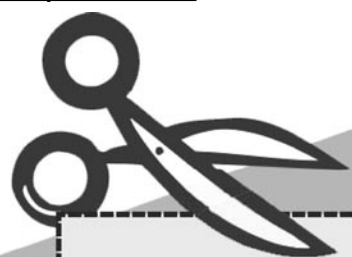
**Late Registration:** Participants may register late for some classes with the permission of the Active Lifestyles Program. The fee will not be pro-rated for any missed classes.

**Refunds:** Classes that have not met the minimum number of participants by the registration deadline are automatically cancelled and refunds are issued if alternate classes are not available. **No refunds are issued after the registration deadline.** Participants may request a refund by submitting a written request, stating the reason for the refund, to the Active Lifestyles Program at least one week prior to the registration deadline. Enrollee assumes the risk of changes in personal affairs or health. Be advised that it may take up to four (4) weeks to process refund checks. There will be a 10% processing fee for refund requests made by the enrollee. Please note: There are no refunds issued for special events. Please refer to The Active Lifestyles or visit the Active Lifestyles Program site at [www.nngov.com](http://www.nngov.com) for trip refund policies.

**Class Cancellation Policy:** Participants are to report to class unless notified otherwise. All classes are subject to change if there is insufficient enrollment. Participants will be notified by phone and/or email if classes are cancelled. For questions or to verify open days, call 926-1400.

**Class Information:** 926-1400, FAX 926-1460, for telecommunication assistance use: VA Relay 7-1-1.

New classes are added periodically. For information, call 926-1400 or on-line at <http://activenet.active.com/nnparksrecreation>.



## FREE TO TRY IT!

### Last day of any Active Lifestyles Instructional Class

Would you like to try an Active Lifestyles class before you sign up for it? Use this coupon to attend the last day of an Active Lifestyles Class for FREE!

Find the class you're interested in (pages 31-34) Check to see the last day of class. Cut & bring this coupon to class. Must be an Active Lifestyles class with a class number starting with 'M'. Questions? Call 926-1400.

**Cut out this coupon and bring to the class.**

### Dance

#### LINE DANCING



Line dancing is great for coordination and memory, and is an excellent physical exercise. Learn party dances such as electric slide, cupid and down-south shuffle and boogies as well as the waltz, Charleston, country and pop dancing, and a little bit of soul. **Beginner Levels** will learn basic line dancing steps, skills and terminology. **Beginner/Intermediate Level** will build on the basic steps. **Intermediate Level** continues to progress. **Intermediate/Advanced Level** uses the more complicated moves in today's popular line dances. **\*Instructor will confirm exact dates at first class.**

**Fee:** \$35 for 8 (1-hr) classes at DCC \$40 for 10 (1-hr 15 minute) classes at BMCC

**Min:** 6 **Max:** 20

| CLASS    | LOCATION | DAY | DATES          | LEVEL   | TIME                | INSTRUCTOR |
|----------|----------|-----|----------------|---------|---------------------|------------|
| M321.441 | BMCC     | Tue | *Apr 14-Jun 23 | Beg/Int | 9:30-10:45A (\$40)  | Hill       |
| M321.442 | BMCC     | Wed | *Apr 15-Jun 24 | Int/Adv | 11:00-12:15P (\$40) | Hill       |
| M321.443 | BMCC     | Wed | *Apr 15-Jun 24 | Beg     | 9:30-10:45A (\$40)  | Hill       |
| M321.444 | DCC      | Mon | *Apr 13-Jun 15 | Beg     | 5-6P (\$35)         | Hill       |
| M321.445 | DCC      | Mon | *Apr 13-Jun 15 | Int     | 6:15-7:15P (\$35)   | Hill       |
| M321.446 | DCC      | Tue | Apr 14-Jun 2   | Int     | 6-7P (\$35)         | Hill       |
| M321.447 | DCC      | Wed | Apr 15-Jun 3   | Ult Beg | 6-7P (\$35)         | Hill       |
| M321.448 | DCC      | Wed | Apr 15-Jun 3   | Upp Beg | 4:45-5:45P (\$35)   | Hill       |
| M321.141 | BMCC     | Tue | *Jul 14-Sep 29 | Beg/Int | 9:30-10:45A (\$40)  | Hill       |
| M321.142 | BMCC     | Wed | *Jul 15-Sep 30 | Int/Adv | 11:00-12:15P (\$40) | Hill       |
| M321.143 | BMCC     | Wed | *Jul 15-Sep 30 | Beg     | 9:30-10:45A (\$40)  | Hill       |
| M321.144 | DCC      | Mon | Jul 13-Aug 31  | Beg     | 5-6P (\$35)         | Hill       |
| M321.145 | DCC      | Mon | Jul 13-Aug 31  | Int     | 6:15-7:15P (\$35)   | Hill       |
| M321.146 | DCC      | Tue | Jul 14-Sep 1   | Int     | 6-7P (\$35)         | Hill       |
| M321.147 | DCC      | Wed | *Jul 15-Sep 9  | Ult Beg | 6-7P (\$35)         | Hill       |
| M321.148 | DCC      | Wed | *Jul 15-Sep 9  | Upp Beg | 4:45-5:45P (\$35)   | Hill       |

#### TAP DANCING WITH THE GOLDEN STEPPERS

Join the "Golden Steppers" and get ready to tap your way to fun as you learn basic tap steps, rhythm, timing, dance combinations and routines. Comfortable clothing and tap shoes (flat or low heels) are recommended, but not required. **Beginner Level:** With individualized attention, students will learn the basics and the fundamentals of tap dancing, including stretching and combinations. **Intermediate/Advanced Level:** continue to work on techniques and learn more complex combinations and routines. **\*Instructor will confirm exact dates at first class.**

**Fee:** \$32 **Min:** 5 **Max:** 12 **Classes:** 8

| CLASS    | LOCATION | DAY | DATES          | LEVEL   | TIME    | INSTRUCTOR |
|----------|----------|-----|----------------|---------|---------|------------|
| M311.445 | BMCC     | Fri | *Apr 17-Jun 12 | Beg     | 10-11A  | Gingras    |
| M311.446 | BMCC     | Fri | *Apr 17-Jun 12 | Int/Adv | 11A-12P | Gingras    |
| M311.145 | BMCC     | Fri | *Jul 17-Sep 18 | Beg     | 10-11A  | Gingras    |
| M311.146 | BMCC     | Fri | *Jul 17-Sep 18 | Int/Adv | 11A-12P | Gingras    |

### The Walking Club at Denbigh Community Center is getting a makeover and a new name!

Fridays at 11:00 am



The **Circuit Training Club** now meets on Fridays from 11:00am – Noon. Start with a walk in the gym to warm up and do light cardio, then head outside (weather permitting) to the new fitness equipment for strength training. There are eleven different activity stations with easy to follow instruction to help maintain or improve the ability to perform everyday activities. Bring a friend and keep fit. All levels welcome.

Want more out of your day? Open Recreation on Fridays includes Pickleball, shuffleboard, basketball and badminton. All levels are welcome. Equipment provided. 1:00 – 4:00pm.

Want even more? Thursdays are just for Pickleball. All equipment provided. 1:00 – 5:00pm.

Arts,  
Crafts & Hobbies

Active Lifestyles

Arts, Crafts & Hobbies

DRAWING

Using contour and gesture drawing techniques, students will learn to draw shapes that will become objects. Lessons that incorporate texture and shading will be part of the class. Bring pencils and paper to first class. Instructor will furnish supply list. **\*Instructor will confirm exact dates at first class.**

Fee: \$36 for Beg & Int Classes, \$41 for Adv Classes

Min: 6 Max: 12 Classes: 8

| CLASS    | LOCATION | DAY | DATES          | LEVEL | TIME               | INSTRUCTOR |
|----------|----------|-----|----------------|-------|--------------------|------------|
| M505.464 | BMCC     | Fri | *Apr 17-Jun 12 | Beg   | 2-3:45P (\$36)     | F. LaBelle |
| M505.465 | BMCC     | Fri | *Apr 17-Jun 12 | Int   | 12-1:45P (\$36)    | F. LaBelle |
| M505.466 | BMCC     | Fri | *Apr 17-Jun 12 | Adv   | 9:30-11:30A (\$41) | F. LaBelle |
| M505.164 | BMCC     | Fri | *Jul 17-Sep 18 | Beg   | 2-3:45P (\$36)     | F. LaBelle |
| M505.165 | BMCC     | Fri | *Jul 17-Sep 18 | Int   | 12-1:45P (\$36)    | F. LaBelle |
| M505.166 | BMCC     | Fri | *Jul 17-Sep 18 | Adv   | 9:30-11:30A (\$41) | F. LaBelle |



REALISTIC DRAWING AND SKETCHING

If you ever have been inspired by art and want to improve your drawing skills; or if you are just taking the first step toward becoming an artist, this course is for you! This class will be an easy and fun way to learn one of the oldest forms of human expression, drawing the object of your choice, and make the drawing faithful. Use any drawing media (pencil, colored pencil, charcoal, pastel or ink) for your own master piece.

Fee: \$40 Min: 6 Max: 12 Classes: 8

| CLASS    | LOCATION | DAY | DATES        | LEVEL | TIME    | INSTRUCTOR |
|----------|----------|-----|--------------|-------|---------|------------|
| M505.480 | DCC      | Wed | Apr 15-Jun 3 | Beg   | 10A-12P | Maslikova  |
| M505.180 | DCC      | Wed | Jul 15-Sep 2 | Beg   | 10A-12P | Maslikova  |

WATER MEDIA

Learn the basics of transparent watercolor - a technique that is different from any other medium. Transparent watercolor has been used for centuries as a preliminary sketching material in prelude for oil paintings, and has come into its own popularity with more recent generations of patrons and artists. As students progress, they may include other water-based media such as gouache (opaque), acrylic, watercolor pencil, etc. The cost for supplies depends on whether you choose cake or tube paint and brush selection. **\*Instructor will confirm exact dates at first class.**

Fee: \$60 Min: 6 Max: 12 Classes: 8

| CLASS    | LOCATION | DAY | DATES          | LEVEL | TIME   | INSTRUCTOR |
|----------|----------|-----|----------------|-------|--------|------------|
| M531.443 | BMCC     | Wed | *Apr 15-Jun 10 | Beg   | 10A-1P | F. LaBelle |
| M531.143 | BMCC     | Wed | *Jul 15-Sep 16 | Beg   | 10A-1P | F. LaBelle |

OIL PAINTING AND ACRYLIC PAINTING



Students may select which paints to work in – the more scholarly oils, or the fast drying and versatile acrylics. Either way the students will enjoy a relaxed atmosphere in which to learn reliable, quick and easy painting techniques. Persons with disabilities are encouraged to sign up for this class. Participants must provide their own supplies. Prior to the first class, call 591-4853 for supply list. **\*Instructor will confirm exact dates at first class.**

Fee: \$41 for 2-hr period/\$60 for 3-hr period/\$82 for 6-hr period

Min: 12 Max: 12 Classes: 8

| CLASS    | LOCATION | DAY | DATES          | LEVEL   | TIME          | INSTRUCTOR |
|----------|----------|-----|----------------|---------|---------------|------------|
| M501.464 | BMCC     | Tue | *Apr 14-Jun 9  | Beg     | 2-4P (\$41)   | F. LaBelle |
| M501.465 | BMCC     | Tue | *Apr 14-Jun 9  | Int/Adv | 10A-1P (\$60) | F. LaBelle |
| M501.466 | BMCC     | Tue | *Apr 14-Jun 9  | All     | 10A-4P (\$82) | F. LaBelle |
| M501.164 | BMCC     | Tue | *Jul 14-Sep 15 | Beg     | 2-4P (\$41)   | F. LaBelle |
| M501.165 | BMCC     | Tue | *Jul 14-Sep 15 | Int/Adv | 10A-1P (\$60) | F. LaBelle |



Senior and Community Centers located within the City of Newport News are Handicapped accessible.

Arts, Crafts & Hobbies



OIL PAINTING AND OTHER MEDIUMS

The class - open to all levels - will provide those students with limited painting experience the opportunity to build on their talents while selecting their preferred medium and subject matter: portrait, still life or landscape. Students in the intermediate/advanced levels may find working in the fast-drying acrylics or watercolors to be more challenging; yet allowing for more artistic freedom. The course is taught by a multilingual instructor with over 25 years of experience in various forms of art creation.

Fee: \$60 Min: 6 Max: 15 Classes: 8

| CLASS    | LOCATION | DAY | DATES        | LEVEL | TIME | INSTRUCTOR |
|----------|----------|-----|--------------|-------|------|------------|
| M515.410 | DCC      | Wed | Apr 15-Jun 3 | All   | 1-4P | Maslikova  |
| M515.110 | DCC      | Wed | Jul 15-Sep 2 | All   | 1-4P | Maslikova  |

ADVANCED OIL PAINTING

This class offers continuing instruction in oil painting at the Intermediate to Advanced levels for adults who have prior classroom painting instruction. Advancing skill levels will be the objective of the class series; therefore students should have a basic understanding of oil painting. Students will work on projects of their choice; at their own pace, with individual help from the instructor.

**\*Instructor will confirm exact dates at first class.**

Fee: \$60 Min: 6 Max: 15 Classes: 8

| CLASS    | LOCATION | DAY | DATES          | LEVEL   | TIME   | INSTRUCTOR |
|----------|----------|-----|----------------|---------|--------|------------|
| M515.407 | BMCC     | Thu | *Apr 16-Jun 11 | Int/Adv | 10A-1P | Maslikova  |
| M515.107 | BMCC     | Thu | *Jul 16-Sep 17 | Int/Adv | 10A-1P | Maslikova  |

CERAMICS

Discover how to use patterns, under glazes and glazes when creating ceramic pieces to use as gifts or for your own enjoyment. Beginning students will start with cleaning green ware and applying colors, glazes and stains. Advanced students will learn about majolica, over-glazes, green ware add-ons and more. Materials provided and include ONE piece of green ware. Additional green ware pieces available for purchase. Thursday workshop offered to those enrolled during regular class sessions. For more information, call 926-1400. **\*Instructor will confirm exact dates at first class.**

Fee: \$30/\$20 Min: 6 Max: 15 Classes: 8 Classes - \$30 4 Classes - \$20

| CLASS    | LOCATION | DAY | DATES          | LEVEL | TIME           | INSTRUCTOR |
|----------|----------|-----|----------------|-------|----------------|------------|
| M571.454 | CWCC     | Wed | Apr 15-Jun 3   | Adv   | 10A-12P (\$30) | Baucom     |
| M571.455 | CWCC     | Wed | Apr 15-Jun 3   | Beg   | 1-3P (\$30)    | Baucom     |
| M571.456 | DMCC     | Mon | Apr 13-May 4   | Beg   | 1-3P (\$20)    | Baucom     |
| M571.457 | DMCC     | Mon | *May 11-Jun 8  | Beg   | 1-3P (\$20)    | Baucom     |
| M571.154 | CWCC     | Wed | Jul 15-Sep 2   | Adv   | 10A-12P (\$30) | Baucom     |
| M571.155 | CWCC     | Wed | Jul 15-Sep 2   | Beg   | 1-3P (\$30)    | Baucom     |
| M571.156 | DMCC     | Mon | Jul 13-Aug 3   | Beg   | 1-3P (\$20)    | Baucom     |
| M571.157 | DMCC     | Mon | *Aug 10-Aug 31 | Beg   | 1-3P (\$20)    | Baucom     |

CERAMICS WORKSHOP

This Thursday workshop is for students who want to refine their skills and are currently enrolled in a beginner or advanced ceramics class. Students should work independently on the class project, or on an additionally purchased piece of green ware. For more information call 926-1400.

Fee: \$10 Min: 6 Max: 15 Classes: 4

| CLASS    | LOCATION | DAY | DATES        | LEVEL | TIME | INSTRUCTOR |
|----------|----------|-----|--------------|-------|------|------------|
| M571.461 | CWCC     | Thu | Apr 16-May 7 | All   | 1-4P | Baucom     |
| M571.462 | CWCC     | Thu | May 14-Jun 4 | All   | 1-4P | Baucom     |
| M571.161 | CWCC     | Thu | Jul 16-Aug 6 | All   | 1-4P | Baucom     |
| M571.162 | CWCC     | Thu | Aug 13-Sep 3 | All   | 1-4P | Baucom     |

UPHOLSTERY

Learn basic upholstery techniques including fabric detailing, padding, measuring and cutting. For successful results, it is recommended that beginners start with a basic project such as a footstool or straight back chair. **Call Instructor at 751-4517 for supply list and to register.** Class registration fee is due first day of class, and made payable to the instructor.

Fee: \$100 Max: 8 Classes: 6

| CLASS    | LOCATION | DAY | DATES         | LEVEL | TIME   | INSTRUCTOR |
|----------|----------|-----|---------------|-------|--------|------------|
| M701.412 | HSC      | Wed | Apr 15-May 20 | Beg   | 11A-3P | Bullock    |
| M701.112 | HSC      | Wed | Jul 15-Aug 19 | Beg   | 11A-3P | Bullock    |

# Active Lifestyles

## Personal Well-Being Computers

### Personal Well-Being

Please note: Due to the strenuous nature of some activities, you are urged to consult your physician prior to taking the class.  
\*\* For all fitness classes, wear comfortable, loose fitting clothing. \*\*

#### MOVIN' ON!

Movin' On is geared toward the fit and active adult as well as those who are new to exercise, unfamiliar with exercise or just want to have fun! Exercise modifications for all participants. It is safe, fun and effective movements with hand held weights, elastic tubing with handles and a ball. **\*Instructor will confirm exact dates at first class.**

| Fee: \$60 for 8 weeks (24 classes) |          | Min: 5      | Max: 20        |       |             |            |
|------------------------------------|----------|-------------|----------------|-------|-------------|------------|
| CLASS                              | LOCATION | DAY         | DATES          | LEVEL | TIME        | INSTRUCTOR |
| M141.417                           | BMCC     | Mon/Wed/Fri | *Apr 13-Jun 15 | All   | 9:30-10:15A | Dougherty  |



#### FIT CHICKS WORKOUT

Join the Fit Chicks as they work on a fitness routine incorporating weights, resistance bands and balance exercises to become fit and to fight the aging process. This class focuses on flexibility, cardio and circulation health, and strength training exercises to give you a total body workout while working at your own pace. Bring your own mat and towel. Equipment provided. **\*Instructor will confirm exact dates at first class.**

| FEE: \$20 |          | Min: 7 | Max: 16       | Classes: 4 |        |            |
|-----------|----------|--------|---------------|------------|--------|------------|
| CLASS     | LOCATION | DAY    | DATES         | LEVEL      | TIME   | INSTRUCTOR |
| M101.446  | DCC      | Thu    | Apr 16-May 7  | All        | 3-4P   | Shapiro    |
| M101.447  | DCC      | Thu    | May 14-Jun 4  | All        | 3-4P   | Shapiro    |
| M101.448  | DMCC     | Tue    | Apr 14-May 5  | Beg        | 10-11A | Houston    |
| M101.449  | DMCC     | Tue    | May 12-Jun 2  | Beg        | 10-11A | Houston    |
| M101.146  | DCC      | Thu    | Jul 16-Aug 6  | All        | 3-4P   | Shapiro    |
| M101.147  | DCC      | Thu    | Aug 13-Sep 3  | All        | 3-4P   | Shapiro    |
| M101.148  | DMCC     | Tue    | *Jul 14-Aug 4 | Beg        | 10-11A | Houston    |
| M101.149  | DMCC     | Tue    | *Aug 11-Sep 1 | Beg        | 10-11A | Houston    |

#### STRENGTH AND BALANCE FUSION

This class is a blend of several disciplines of exercise geared to keep your workout interesting. Improve your strength, balance, flexibility and overall health with Tai Chi, Pilates and Yoga moves set to energetic and motivating music. All fitness levels welcome. Students should bring a Yoga mat to class. **\*Instructor will confirm exact dates at first class.**

| Fee: \$40 for 8 classes |          | Min: 7 | Max: 12       |       |             |            |
|-------------------------|----------|--------|---------------|-------|-------------|------------|
| CLASS                   | LOCATION | DAY    | DATES         | LEVEL | TIME        | INSTRUCTOR |
| M150.404                | DCC      | Mon    | *Apr 13-Jun 8 | All   | 5:30-6:30P  | Shapiro    |
| M150.405                | DCC      | Tue    | Apr 14-Jun 2  | All   | 9:30-10:30A | Shapiro    |
| M150.104                | DCC      | Mon    | Jul 13-Aug 31 | All   | 5:30-6:30P  | Shapiro    |
| M150.105                | DCC      | Tue    | Jul 14-Sep 1  | All   | 9:30-10:30A | Shapiro    |

#### YOGA

Designed for the mature adult, the goal of this class is to use relaxation techniques, breath control, and various postures for overall physical and mental well-being. The various Yoga poses will help relieve stress, improve balance, increase flexibility, and strengthen the body - leading to improved health. This class includes floor exercises. Wear comfortable, loose fitting clothing and bring a Yoga mat and long strap to class. The instructors are nationally certified. **\*Instructor will confirm exact dates at first class.**

| Fee: \$32 for 8 classes; \$62 for 16 classes |          | Min: 7  | Max: 12        |       |                |            |
|--|----------|---------|----------------|-------|----------------|------------|
| CLASS  | LOCATION | DAY     | DATES          | LEVEL | TIME           | INSTRUCTOR |
| M131.450                                     | BMCC     | Tue     | *Apr 14-Jun 9  | All   | 11A-12P (\$32) | Phelps     |
| M131.451                                     | BMCC     | Tue/Thu | *Apr 14-Jun 11 | All   | 11A-12P (\$62) | Phelps     |
| M131.452                                     | DCC      | Mon     | *Apr 13-Jun 8  | All   | 3-4P (\$32)    | Piary      |
| M131.453                                     | DCC      | Wed     | *Apr 15-Jun 10 | All   | 6-7P (\$32)    | Piary      |
| M131.150                                     | BMCC     | Tue     | Jul 14-Sep 1   | All   | 11A-12P (\$32) | Phelps     |
| M131.151                                     | BMCC     | Tue/Thu | Jul 14-Sep 3   | All   | 11A-12P (\$62) | Phelps     |
| M131.152                                     | DCC      | Mon     | Jul 13-Aug 31  | All   | 3-4P (\$32)    | Piary      |
| M131.153                                     | DCC      | Wed     | Jul 15-Sep 2   | All   | 6-7P (\$32)    | Piary      |

### Personal Well-Being

#### TAI CHI AND BODY-MIND PRACTICES FOR WELL-BEING



Studies have shown the effectiveness of Tai Chi in improving overall well-being, easing chronic disease conditions, and preventing falls. **Level I** emphasizes a 27-movement Tai Chi sequence, with exercises from Bagua, Xingyi, Qigong, Yoga and Meditation included for maintaining overall health and well-being. **Level II** presents an 81-movement intermediate form. Both levels are adapted to ensure balanced development of body structure and ease of movement. Participants will receive both group and personal coaching. Wear loose fitting clothing. **\*Instructor will confirm exact dates at first class.**

| Fee: \$63 for Level I Classes, \$80 for Level II Classes |          | Min: 2 | Max: 12       | Classes: 10 |                     |            |
|--|----------|--------|---------------|-------------|---------------------|------------|
| CLASS  | LOCATION | DAY    | DATES         | LEVEL       | TIME                | INSTRUCTOR |
| M201.455   | HSC      | Tue    | Apr 14-Jun 16 | Level I     | 10:30-11:30A (\$63) | Salgado    |
| M201.456   | HSC      | Tue    | Apr 14-Jun 16 | Level II    | 5:30-6:30P (\$80)   | Salgado    |
| M201.457   | HSC      | Tue    | Apr 14-Jun 16 | Level I     | 6:30-7:30P (\$63)   | Salgado    |
| M201.458   | DCC      | Thu    | Apr 16-Jun 18 | Level I     | 10:00-11:00A (\$63) | Salgado    |
| M201.155   | HSC      | Tue    | Jul 14-Sep 15 | Level I     | 10:30-11:30A (\$63) | Salgado    |
| M201.156   | HSC      | Tue    | Jul 14-Sep 15 | Level II    | 5:30-6:30P (\$80)   | Salgado    |
| M201.157   | HSC      | Tue    | Jul 14-Sep 15 | Level I     | 6:30-7:30P (\$63)   | Salgado    |
| M201.158   | DCC      | Thu    | Jul 16-Sep 17 | Level I     | 10:00-11:00A (\$63) | Salgado    |

#### GROUP INDOOR CYCLING

Cycling is an excellent way to burn calories and improve your cardiovascular endurance. The instructor will guide you through a routine designed to simulate real terrain that would be encountered on an actual bicycle ride: hill climbs, flats, sprints and interval training. Designed for all levels. Pedal at your own pace. Bring water and a towel to wipe away the sweat. **\*Instructor will confirm exact dates at first class.**

| Fee: \$30 for 8 classes |          | Min: 6 | Max: 10        |       |            |            |
|-------------------------|----------|--------|----------------|-------|------------|------------|
| CLASS                   | LOCATION | DAY    | DATES          | LEVEL | TIME       | INSTRUCTOR |
| M180.411                | BMCC     | Wed    | *Apr 15-Jun 10 | All   | 8:00-8:45A | Shapiro    |
| M180.111                | BMCC     | Wed    | *Jul 15-Sep 16 | All   | 8:00-8:45A | Shapiro    |



## Computers

#### Courthouse Way Community Center

Classes run March through August and September through February.

##### Mondays

12:30-1:30P & 1:30-2:30P

##### Fridays

1:00-2:00P, 2:00-3:00P & 3:00-4:00P

#### Doris Miller Community Center

Classes begin each quarter for multiple four week sessions.

##### Wednesdays

Intermediate Level: 1:00-2:00P

##### Thursdays

Beginner Level: 1:00-2:00P

#### Denbigh Community Center

Classes run March through August and September through February.

##### Mondays

12:30-2:30P

##### Thursdays

12:30-2:30P & 6:30-8:30P

To enroll, students must complete the computer learning lab registration packet available at each Center. Classroom instruction is free and available only to those who pre-register. Denbigh and Courthouse Way classes call 812-7909. Doris Miller classes call 247-8622.

**Level I (Beginner Level)** is a beginner level class for people that are new to using a computer. Start with the basics – get to know the keyboard, mouse and basic programs. Each week's class will review the previous and move forward with new skills. The limited class size will allow the instructor to work closely with students.


**Level II (Intermediate Level)** is a refresher class for people with prior computer knowledge and skills. Students will learn MS Office, and about Internet access.

**Level III** students will begin navigating the internet; learning Google, YouTube and email.




# Miscellaneous Trips

## Miscellaneous



### FASHION ELEGANTÉS MODELING CLUB

This is an opportunity to join a modeling club that demonstrates that elegance and beauty have no age boundaries. This unique group of men and women models, over the age of 50, offer fashion shows for boutiques and department stores, area clubs, retirement communities, special events, reunions, and other occasions. Requirements: be over the age of 50, complete the four-week Essence of Modeling: For Men and Women class, and be a current member of the Fashion Elegantés modeling club. Annual dues are \$25. Please call the Active Lifestyles Program at 591-4853 for more information or to book the group for your next function.



### ESSENCE OF MODELING

Learn successful modeling techniques designed for each of the specially staged Elegantés fashion shows. Men and women will benefit from the health and beauty tips, and find that their own closet makes fashion sense. Students will receive fashion advice to match various body types. Upon completion, participants are eligible to join the Fashion Elegantés Modeling Club for the following year.


**Fee:** \$45

**Min:** 6

**Max:** 10

**Classes:** 4

| CLASS    | LOCATION | DAY | DATES        | LEVEL | TIME | INSTRUCTOR |
|----------|----------|-----|--------------|-------|------|------------|
| M440.424 | BMCC     | Wed | Apr 15-May 6 | All   | 2-4P | Various    |



### AARP DEFENSIVE DRIVING COURSES 2014-15

**FEE: \$15 for AARP members and \$20 for non-members, payable to AARP. (NO AARP memberships available at classes)**

**Minimum: 10 Time: 9A - 1P (all locations & dates)**

A refresher course for registered drivers of all ages. There is no minimum age requirement to take this two-day course. Designed to help improve driving skills and avoid accidents. To register call the Center directly. **Saturday hours are available.** Check out the AARP Web Site: [www.aarp.org](http://www.aarp.org)

| 2015              |          |   |
|-------------------|----------|---|
| September 16 & 18 | Tue/Thu  | Brittingham-Midtown Community Center, Ph 591-4853 |
| April 8 & 9       | Wed/Thu  | Hilton Senior Center (w/Lunch), Ph 247-2451       |
| April 14 & 16     | Tue/Thu  | Brittingham-Midtown Community Center, Ph 591-4853 |
| June 16 & 18      | Tues/Thu | Brittingham-Midtown Community Center, Ph 591-4853 |
| July 8 & 9        | Wed/Thu  | Hilton Senior Center (w/Lunch), Ph 247-2451       |
| August 11 & 13    | Tues/Thu | Brittingham-Midtown Community Center, Ph 591-4853 |
| October 7 & 8     | Wed/Thu  | Hilton Senior Center (w/Lunch), Ph 247-2451       |
| October 13 & 15   | Tues/Thu | Brittingham-Midtown Community Center, Ph 591-4853 |

## Trips for Adults over 50



### Casino Trips

**Harrington Raceway & Casino - Saturdays, March 29, May 9 and July 11, 2015**

**Maryland LIVE! Casino– Saturday, October 10, 2015**

- Deluxe motor coach transportation
- Table games and slot machines
- Casino Bonus\*
- Leave from Brittingham-Midtown Community Center at 6am. Evening return.

**Price:** \$40 per person. Registration and payment now being accepted. Payment in full required. Contact Lucy at 247-2451. \*Subject to change without notice. You will need a valid photo ID.

# Active Lifestyles

## Trips for Adults over 50

### Ladies Spa Day with Winery Tour


**Friday, April 24, 2015 9:00 am and 9:30 am\***

Start your day at the Body Shoppe Spa in Yorktown for relaxing spas, facials, pedicures and more! Then to Williamsburg Winery for lunch at the Gabriel Archer Tavern (cost on your own) and the winery tour and tasting. Next, travelers will go to the Williamsburg Salt Spa, which is soothing as well as beneficial to your health. **Price:** \$10 pp for transportation, \$10 pp for winery tour, \$22.50 pp for Salt Spa admission, additional costs will be at the Body Shoppe Spa and lunch. Registration and payment deadline: April 10, 2015. \*Pick-up at Brittingham-Midtown Community Center and Denbigh Community Center. Contact Tanika at 247-8622.

### Annual Fishing Trip

**Wednesday, June 17, 2015 6:00 am**

Fish for five hours aboard the Ocean Eagle fishing vessel. Fishing poles, bait and basic equipment included. Gratuity for mate is not included. **Price:** \$50\* per person. Payment in full required. Registration deadline: June 10, 2015. Activity Level: Moderate. Contact Lucy at 247-2451.\* Subject to change.



### Monthly Adventure Trips

**March - August 2015**

Attention all outdoors enthusiasts! Be on the lookout for monthly outdoor adventures with the Active Lifestyles Program. Come ride bikes through the Dismal Swamp Trail in Chesapeake or the battlefields in Yorktown or kayak near York River State Park or Windsor Castle in Smithfield. Hikes in some of Virginia State Parks are also being planned. All outdoor activities make time for a fun lunch stop (cost on your own). For more information, please contact Jackie Shapiro at 812-7905. Activity Level: High

### Spirit of Norfolk Lunch Cruise

**Wednesday, June 24, 2015 10:00 am**

Gather family and friends for a luncheon cruise aboard the Spirit of Norfolk as it gently cruises the Norfolk harbor with views of the Navy's Atlantic Fleet. Enjoy the Silver Cruise program that includes fun games, DJ entertainment, dancing and an endless lunch buffet. Activity Level: Moderate. **Price:** \$65 pp includes transportation from Newport News\*, lunch, and activities aboard the ship. Registration and payment deadline: May 15, 2015. \*Pick-up and drop-off only at Doris Miller Community Center. Contact Tanika at 247-8622.

### Dover Downs Hotel and Casino

**August 6-7, 2015. Price: TBA Contact Lucy at 247-2451.**

### Savannah, Jekyll Island & Beaufort

**September 14 - 18, 2015**

Spend five days and four nights in the Savannah, Georgia area enjoying many beautiful and historic sites. A guided tour of the city includes architectural marvels, quaint town squares and a famous, historic home. Travelers will tour Jekyll Island, St. Simon's Island, as well as the "Queen of the Carolina Sea Islands" - the gorgeous Beaufort Island. A stop at Penn Center is included. Each destination offers unique sites, quality eateries and unusual shops. The trip includes four breakfasts and four dinners. Price: \$429 pp/dbl occupancy. Reservations and final payment due by July 7, 2015. Contact Carolyn at 812-7909 for information and reservations. Activity Level: Moderate (will be a lot of walking & stairs)

### Albuquerque Balloon Fiesta and Santa Fe Excursion

**October 7 - 12, 2015**

Six day trip that includes round-trip air travel, land transportation, three dinners, five breakfasts, Balloon Fiesta, day & night tours of Old Town Albuquerque, Santa Fe, museums & galleries, deluxe lodging, taxes and transfers. **Price:** \$2389 pp/dbl occupancy. Reservations and deposit deadline: April 30, 2015\*. Call Angelia at 591-4853. Optional travel insurance is highly recommended: \$205. \*Reservations may be available after April 30 with an increase in cost.

